

The
Upper Room
Home Furnishings

New name/new collections,
same great store, new lower prices.

2670 Queensview Drive
at Pincrest Road
613-721-5873 • www.broyhill.ca

The world's largest global newspaper

metro



OTTAWA • TUESDAY

JULY 14, 2009

metronews.ca

TEACH ENGLISH OVERSEAS

FREE Teach Abroad Seminar TONIGHT @ 7pm

Summer TESOL Course: **July 21st - 26th** (only 2 seats left!)

United TESOL 562-8370
International College of Teacher Training 41 York St.

Ottawa men arrested in T.O.

CHARGES Toronto police charged four Ottawa men after police found drugs and a loaded 9mm handgun in a car during a traffic stop in Toronto's entertainment district Sunday night.

Police have laid 52 charges, including unauthorized presence and possession of a firearm in a motor vehicle and careless storage of ammunition, against six people.

Abdinasir Abdullahi, 22, Mohamed Warsame, 21, Abdalla Abdi, 21, and Abdurrahman Ibrahim Hussein, 23, all of Ottawa, and Mohamed Siad, 23, Mubarak Rirash, 20, of Toronto, appeared in court yesterday.

METRO OTTAWA

Health pg 10

Healthy locks the natural way



Local pg 2

Funding boost for housing

FocusOn FirstNations

For the next week, Metro Canada will be focusing on First Nations and Aboriginal news, community issues, arts and culture as part of a special series leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

Today
• Bernd Christmas on land treaties, pg 6

Bluesfest STP rocks



Stone Temple Pilots lead singer Scott Weiland takes to the Bank of America stage at Cisco Ottawa Bluesfest at LeBreton Flats yesterday.

She was 'no good'

Family, pals not surprised boxer's wife was arrested

As news of champion boxer Arturo Gatti's death filtered out Saturday from the Brazilian resort where he had gone to meet his wife in an apparent attempt to reconcile a rocky marriage, his family members were paralyzed with shock, hoping it was a mistake.

But when Amanda Carine Rodrigues, 23, was charged Sunday with murdering her husband by strangling him with her purse strap, there was no surprise, friends of the family say.

Gatti's older brother, Joe, didn't mince words in speaking to boxing trainer Howard Grant Saturday, before news of the murder charge broke.

"He said, 'I think his wife set him up. The woman was no good,'" Grant said.

Ivano Scarpa, a longtime friend who also spoke to Joe Gatti Saturday, said both he and Joe Gatti thought it suspicious the death occurred in Rodrigues's home country of Brazil. Gatti's financial

success also gave them pause.

"The fact they weren't on the best of terms, was it a smart move for him to have tried (to rekindle the relationship) again?" Scarpa said. "It's a tough call, a question we were asking ourselves. We believe he shouldn't have gone down. But when there's love — she's also the mother of his son."

Rodrigues denies being involved in her husband's death.

Her lawyer said she was too slight to have committed such a crime.

Gatti's stepfather, Gerald Di Francesco claimed in the Journal de Montreal Rodrigues recently tried to convince Gatti to change his will to give her more, but Gatti's business partner, Tony Rizzo, and ex-manager, Pat Lynch, "told him not to do it."

The couple lived in a Montreal penthouse condo, but Gatti would frequently sleep at his mother's house.

TORSTAR NEWS SERVICE



Amanda Carine Rodrigues

All hell's breakin' loose for Tweed visit

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

It was supposed to be a just another stop on their Eastern Canada tour, but somehow it's turned into a circus, even for KISS.

The venerable glam rock-

ers will be headlining Bluesfest tomorrow night, sandwiched between gigs in Montreal yesterday and Quebec City Thursday.

The difference between the Quebec shows and the one in Ottawa is that Canadian-born model/actress Shannon Tweed — the common-

law spouse of lead singer Gene Simmons and one-time Ottawa resident — is coming along.

Initially, Tweed was planning a private dinner party with friends and maybe some sightseeing.

Then acting mayor Doug Thompson revealed and re-

tracted plans to proclaim July 15 Shannon Tweed Day, which created national, if not international news.

"Basically we've got 40 requests from Ottawa alone to do interviews with Shannon," said Ottawa photographer Paul Couvrette, who is helping to organize the pri-

vate dinner party. "Basically it's a case where we're trying to fit people in wherever we can."

With the proclamation abandoned, there are now plans to have town crier Daniel Richer officially welcome Simmons and Tweed to Ottawa.

LASIK MD
VISION

LASER VISION CORRECTION

Starting at

\$490 /eye*



NEW FINANCING

Take Until 2014
to Pay



FREE Consultation: 1-877-769-3030 • OTTAWA: Chambers Building, 42 Elgin Street • www.lasikmd.com

* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only. † 60 month financing, starting at 8.9% interest, and subject to Desjardins Card Services credit approval.

Ottawa Public Library board chair Coun. Jan Harder has been elected to the executive of the Urban Libraries Council, which is comprised of members from more than 180 public libraries from all over North America. **METRO OTTAWA**

Local



Help keep parks clean of litter

The City of Ottawa is calling on all residents and visitors to pitch in to stop littering in parks, neighbourhoods and scenic locations. The city reported 2,900 waste receptacles for residents to use when they are out enjoying the summer weather. Residents can report litter by calling 3-1-1 or by taking the online survey at ottawa.ca/litterbug.

METRO OTTAWA

Wolf to headline Lebanese Fest

Beirut-born music star says it's important to support his community

TRACEY TONG
tracey.tong@metronews.ca



With a chart-topping hit, Africa, concerts and video shoots booked through the end of September and his third album due out this fall, Karl Wolf is busy.

But the songwriter, producer and singer still wouldn't dream of missing the Ottawa Lebanese Festival, which he'll kick off with a concert during the opening ceremonies tomorrow night.

"I want to support the community like they support me," said Beirut, Lebanon-born Wolf, who has performed at the festival for the last three years. "A guy is making it outside Lebanon — it's inspiring for them and it's a good feeling to be a role model for them."

These days, the singer, who lived in Montreal for 15 years, is rarely ever home, but "my heart is here," he said.



Karl Wolf

While he broke into the market in the Middle East years ago, it took a long time to crack the Canadian market, he said.

And now that he has, he's not going to forget the people who supported him for years.

Tomorrow night, Wolf will play the hits, including Africa, and "a couple of songs that will trigger the Lebanese public as well."

"Some of my family lives

in Gatineau, and I love visiting them here," he said. "I love Ottawa. It's quiet and I like that — getting away from the hustle and bustle of Toronto and Montreal. I love Mooney's Bay — all the people cycling and jogging. It's a good vibe."

Held on the grounds of St. Elias Cathedral across the street from Mooney's Bay, the 19th annual festival also features entertainment, dance, traditional Lebanese food, a midway and a traditional Lebanese

Argily (Shisha) tent.

The non-profit festival — which fundraises for the Ottawa Regional Cancer Foundation, Ontario Federation of Cerebral Palsy, CHEO, and the Down Syndrome Association of the National Capital Region — runs from 4 to 11 p.m. tomorrow through Friday; and from 11 a.m. to 11 p.m. on Saturday and Sunday. Admission is \$2 and free parking is available near the Canada Post building, with a complimentary shuttle service.

City schools sticking with status quo on credit cards

UNIVERSITY A growing list of universities across Canada are dropping credit cards as a method of paying tuition, but Ottawa students are unlikely to notice a change.

Recently, Dalhousie University in Nova Scotia joined St. Thomas University in Fredericton and the Universities of Prince Edward Island, New Brunswick, British Columbia, Calgary and Alberta as institutions that won't take credit cards.

The University of Ottawa and Carleton University have never accepted credit cards for tuition payments.

UOttawa spokesperson Julie Tanguay said students can pay their tuition by cheque, cash or debit, but more than 90 per cent will pay by bank transfer.

Carleton University's director of finance Tim Sullivan said the cost of service fees was too expensive to justify the minimal convenience credit cards offer.

"If everybody paid by credit card at Carleton, we would lose somewhere between \$2.5 and \$3.5 million," he said. "I can't imagine having 30-40 fewer professors just (for the) convenience of having credit cards."

Due to the high number of continuing and part-time students at Algonquin College, it does accept credit cards and currently have no plans to phase them out.

TIM WIECLAWSKI / METRO OTTAWA

Funding boost for housing

TRACEY TONG
tracey.tong@metronews.ca



HEALTH A program designed to help people in the Ottawa area who are homeless or at risk of becoming homeless due to addiction problems will receive a cash infusion.

The Champlain Local Health Integration Network announced yesterday 72 new supportive housing units in the Ottawa region to help people living with addictions increase stability and security in their lives and reduce pressure on hospital emergency rooms.

The Champlain LHIN is receiving \$959,100 for the first year of a three-year program as a part of a \$16-

"Supportive and affordable housing is the answer to many of the challenges facing health care today."

Robert Cushman, Champlain LHIN CEO

million provincewide investment in 1,000 supportive housing units for people with substance use issues.

The funding will go to rent, and supplement and supportive services in existing housing units.

"Supportive and affordable housing is the answer to many of the challenges facing health care today," said Champlain LHIN CEO Robert Cushman.

"This is really important funding," Cushman said. "It's only 72 units but for

those 72 people, it will really make a big difference.

"We need more affordable supportive housing ... or we'll pay for it in a more expensive form with ambulances, hospitals and police services."

Providing stable, safe and supportive housing not only improves the mental health and well-being of those who need the service, but opens doors to healthier communities, said Minister of Health and Long-Term Care David Caplan.

Parliament Hill **Protesting Castro**



TIM WIECLAWSKI / METRO OTTAWA

Juan Carlos Suarez displays the type of "raft" that many Cubans use to escape life on the communist island. Suarez, who is Cuban, protested with a group of people on Parliament Hill yesterday afternoon to ask Canadians not to visit Cuba as tourists because then they would be supporting the Castro regime.

metronews.ca

What's online today.

Your Money Allan Small on how to seize the opportunity from the recent market pullback at metronews.ca/investing

News in brief

CHARGED A city man was charged with sexual assault following a complaint against an employee at an Ottawa nursing home last month. On June 16, Ottawa police received a complaint that an employee at an Ottawa nurs-

ing home had inappropriately touched a patient at the facility. Following an investigation, police charged a 64-year-old man with one count of sexual assault on July 9. Sovann Phan next appears in court on July 22.

METRO OTTAWA

Lotteries

Ontario Pick 3: 3 4 6; Ontario Pick 4: 3 4 7 6
Encore: 7219197 Daily Keno: 4, 5, 11, 12, 15, 16, 18, 19, 23, 25, 27, 32, 33, 35, 40, 45, 48, 49, 51. These results are not official.

\$99
KITCHENER-WATERLOO

\$132
NORTH BAY

\$135
SUDBURY

\$167
SAULT STE MARIE & TIMMINS

\$195
KAPUSKASING

\$189
THUNDER BAY

\$284
DRYDEN & FORT FRANCES

\$289
SIOUX LOOKOUT

\$292
KENORA

\$318
RED LAKE

46TH ANNIVERSARY SALE!

Bearskin Airlines

Let the Bear take you there!

Call 1-800-465-2327 or book online at www.bearskinairlines.com

EACH WAY FROM OTTAWA AS LOW AS...

Act fast to take advantage of these 46TH Anniversary Sale fares to plan your summer getaway. Every destination is on sale now but our best fares are for Saturday, Tuesday and Wednesday departures. There is no faster way to get there and back! Purchase your ticket by July 19th for travel ending September 19, 2009. Taxes and surcharges are extra. Call for full details.

IT'S ABOUT TIME!

aeroplan

Union getting serious: Toronto mayor

Now entering its fourth week without most municipal services, Toronto Mayor David Miller said yesterday he now feels the union is finally taking negotiations "seriously," CBC News Online reports. **METRO NEWS SERVICES**

3

Canada



Family remembers missing girl

Instead of celebrating her ninth birthday, Victoria (Tori) Stafford's family will spend a quiet day at home remembering the girl from Woodstock, Ont., who went missing April 8. On May 20, Michael Rafferty, 28, and Terri-Lynne McClintic, 19, were arrested and charged with her abduction and murder. Investigators have yet to find the little girl's body. **TORSTAR NEWS SERVICE**

Tory chief raises big money

POLITICS Selecting a new leader has proved to be a cash bonanza for Ontario's opposition Progressive Conservatives.

Recently elected leader Tim Hudak raised \$1,166,578 from 884 contributors in the race to succeed John Tory at the party helm.

According to Elections Ontario, Hudak and his three rivals brought in a total of \$2,557,580 — 20 per cent of which must be paid as a tithe to the party.

That means a \$511,516 windfall for the cash-strapped Tories.

The final tally could be even greater because Elections Ontario only records individual donations of \$100 or more.

Hudak, who was elected June 27, said that the Conservatives' fundraising prowess is bad news for Premier Dalton McGuinty's Liberals in the run-up to the 2011 election.

"The fact that so many campaigns did well reflects a growing dissatisfaction with the McGuinty government ... and the hunger for a conservative change," the PC leader said. "Our campaign found it to be quite the opposite."

Hudak said the party's success at raising money in a recession is that much more impressive because there's no tax deduction for donations during leadership contests.

TORSTAR NEWS SERVICE

Queen honours Chrétien

Former prime minister appointed to prestigious Order of Merit

He is no Mother Teresa but Jean Chrétien now has something in common with the late nun of Calcutta.

Queen Elizabeth II appointed the former prime minister of Canada to the Order of Merit yesterday — a rare distinction that has been conferred upon the likes of Florence Nightingale and T.S. Eliot.

"What can I say?" Chrétien, 75, said yesterday. "I take it as a great compliment and I accept it with some humility. I did my job as best I could and Her Majesty was gracious

In good company

• The order is made up of 24 living Britons, including the Prince of Wales, Margaret Thatcher, and Nobel laureate Frederick Sanger. It has also

extended membership to foreigners. They include Dwight D. Eisenhower, Nelson Mandela, Mother Teresa and now Jean Chrétien.

enough to recognize that." Liberal Senator Jim Munson said Canadians should be proud of the honour.

"I think it's special for Canada. I think (he was) a prime minister who reflected what a country felt about itself," said Munson, a former Chrétien communications director.

"Whether it was getting our economy in order, not going to war in Iraq, introducing the Clarity Act or simply feeling comfortable as a country being led by Mr. Chrétien, I guess this award belongs to all Canadians."

Sidney Aster, a British historian from the Univer-

sity of Toronto Mississauga, said it is not unusual for foreigners to receive decorations from the monarchy. "I suppose my question would be: why Chrétien?" Aster said.

Chrétien is actually the third Canadian to have received the honour.

He is also the third Liberal prime minister after William Lyon Mackenzie King and Lester B. Pearson.

A spokesperson at Buckingham Palace said appointing people to the Order of Merit is entirely up to the Queen.

TORSTAR NEWS SERVICE

Woman stuck in Kenya awaits result

CITIZENSHIP Canadian officials in Kenya are keeping a Toronto woman in suspense over fingerprint results that could confirm her identity.

"When you are waiting for something, it's too much actually," she said from Nairobi, where she has been in limbo for eight weeks after being accused of not looking like her passport photo. After weeks of pleading, the woman identifying herself as Suaad Hagi Mohamud had her fingerprints taken at the Canadian high commission Thursday.

TORSTAR NEWS SERVICE

Quebec City Don't look down



Tightrope walker Ramon Kelvink Jr. walks on a high wire during the Summer Festival in Quebec City yesterday. The wire was stretched on a distance of 230 metres between the Price building and the Chateau Frontenac.

Toronto shark has own Twitter account

ONLINE Besides a large ego and predatory instincts, Dwayne the Shark has one more thing in common with today's celebrities: a Twitter account.

The 175-pound, eight-foot-long nurse shark has started "tweeting," updating his followers on the social networking platform about a range of topics — from his swimming schedule to his excitement for Hannah Montana teen actor Mitchel Musso's concert at the Toronto Zoo on Sunday.

A live feed of Dwayne's Twitter updates was launched yesterday on the zoo's website, toronto-zoo.com.

"Sharks happen to be

very interesting and very funny ... We have lots of teeth, but we can actually be very personable," Adam Thur, the campaign director who tweets on behalf of Dwayne, said yesterday.

Dwayne arrived at the Toronto Zoo's Stingray Bay in May along with three other nurse sharks and four bamboo sharks from their original home just off the coast of Brazil.

As of yesterday, Dwayne had 43 followers on Twitter. Media theory expert Mark Federman laughed at the idea. "So is there an iSkin (application) for the iPhone now? Or iTeeth?" joked the University of Toronto researcher.

TORSTAR NEWS SERVICE

Kenney aims at asylum seekers

IMMIGRATION Canada is taking steps to dam the flood of asylum seekers entering the country from Mexico and the Czech Republic by slapping visa restrictions on visitors, Immigration Minister Jason Kenney has announced.

The move is aimed at what the federal government believes are the thousands of bogus refugee claimants that have attempted to move to Canada from the two countries in the last few years, but was swiftly decry by both nations.

The Mexican embassy in

Bids

• In 2008 alone there were 9,400 Mexican asylum bids in Canada, a number that is three times more than in 2005.

Ottawa said in a news release that it "regrets" the federal government's decision, warning it will monitor implementation of the measure "in the interest of seeing that it be done efficiently and with respect for the rights of Mexicans."

A reimposed visa will af-

fect business between Canada and the Czech Republic "seriously and significantly," said Richard Krpac, consul general of the Czech Republic in Toronto.

The new rules take effect today, although today and tomorrow only, travellers from the two countries will be able to apply for a visa upon entry into the country.

The bids for asylum represent 25 per cent of all the refugee applications that Canada received last year.

TORSTAR NEWS SERVICE

BEE ALARMED
SECURITY SOLUTIONS

LIMITED TIME OFFER - FIRST 4 MONTHS FREE (LOCAL MONITORING ONLY \$19.95 / MONTH)

613.232.1233 • WWW.BEEALARMED.CA

Two earthquakes minutes apart rattled Taiwan yesterday, the Central Weather Bureau said, but there were no immediate reports of casualties or damage. There was no immediate tsunami warning, but according to the U.S. Geological Survey, quakes sometimes generate local tsunamis that can be destructive along coasts located within 62 miles of the epicentre. **REUTERS**

World



Somali pirates strike again

Somali pirates seized two ships over the weekend and used one to attack an oil tanker in a flurry of activity in the Gulf of Aden ending a monsoon season lull, officials said yesterday. On Sunday, pirates hijacked an Indian ship carrying camels, sheep and cattle, said Capt. Awad Salim, harbour master at Mukalla port in Yemen. There were 15 Indian crew members on board. Yesterday, that ship was used for a failed attack on a 265,000-ton, Liberian-flagged oil tanker. **REUTERS**

Renewed unrest in China

Chinese police shot dead two people yesterday in renewed unrest in the northwestern region of Xinjiang, state media said, after at least 184 people died in riots last week.

The official Xinhua news agency said the two people killed in the regional capital Urumqi were Uighur. Police were trying to stop them attacking another Uighur when the security forces opened fire, the report said. Another Uighur was injured.

Of the official death toll from the July 5 riots, 137 were Han Chinese, who form the majority of China's 1.3 billion population, and 46 were Uighur, a Muslim people native to Xinjiang and culturally tied to Central Asia and Turkey.

Uighurs attacked Han Chinese in Urumqi that day after police tried to break up a protest against fatal attacks on Uighur workers at a factory in south China. Han Chinese in Urumqi launched re-

venge attacks later in the week.

State media said earlier in the day that demonstrations against Chinese consulates in Europe and the United States showed that ethnic riots were orchestrated.

Demonstrators threw eggs, Molotov cocktails and stones at several Chinese embassies and consulates, including in Ankara, Oslo, Munich and the Netherlands, Xinhua news agency said.

"Supporters of the East Turkestan separatists started well-orchestrated and sometimes violent attacks on Chinese embassies and consulates in several countries soon after the riots occurred," Xinhua said.

"The attacks against China's diplomatic missions and the Urumqi riots seemed to be well-organized."

While security forces blanketed the city, more and more businesses are reopening. **REUTERS**



Police watch an ethnic Uighur woman and her son cross the road near where an incident involving a group of ethnic Uighurs and Chinese soldiers occurred a few hours earlier along a street in Urumqi yesterday.

Germany charges accused Nazi Demjanjuk

WAR CRIMES German prosecutors charged suspected Nazi death camp guard John Demjanjuk yesterday with helping to kill nearly 28,000 Jews in the Second World War, setting the stage for what could be Germany's last big Nazi war crimes trial.

Nazi hunters welcomed the announcement, which follows years of legal arguments over the wartime activities of 89-year-old Demjanjuk, who denies any role in the Holocaust.

Prosecutors said the longtime Ohio resident, who has been held in a jail in southern Germany since May 12 after he was deported from the United States, would be tried in a Munich court, but did not specify when.

Demjanjuk was stripped of his U.S. citizenship after he was accused in the 1970s of being "Ivan the Terrible," a notoriously sadistic guard at the Treblinka death camp.

Tops list

- Retired factory worker Demjanjuk tops the Simon Wiesenthal Center's list of its 10 most-wanted suspected war criminals. It says Demjanjuk pushed men, women and children into gas chambers at the Sobibor death camp in what is today Poland.

He was extradited to Israel in 1986 and sentenced to death in 1988, but Israel's Supreme Court overturned his conviction when new evidence showed another man was probably "Ivan."

The accused regained his citizenship, but the U.S. Justice Department refiled its case against him in 1999, arguing he had worked for the Nazis as a guard at three other death camps.

His citizenship was stripped from him again in 2002. **REUTERS**

News in brief

ZIMBABWE A Zimbabwean conference to draw up a new constitution quickly descended into chaos yesterday as riot police broke up clashes between rival delegates, underscoring the deep tensions within a unity government formed this year. Police drove the delegates out of the venue and cordoned it off, while Prime Minister Morgan Tsvangirai and his former rival President Robert Mugabe met to discuss the disruption.

MIDDLE EAST Israel yesterday rejected and the Palestinians welcomed a call by Javier Solana, the European Union's foreign policy chief, for UN recognition of a Palestinian state even if negotiators fail to achieve a peace agreement. **REUTERS**

Sotomayor hearings begin

U.S. Republican lawmakers pressed an attack against U.S. Supreme Court nominee Sonia Sotomayor yesterday, fighting an uphill battle to derail her nomination by President Barack Obama as the first Hispanic justice on the top U.S. court.



Sotomayor, 55, was widely expected to win confirmation on the ideologically divided nine-member court which rules on key constitutional issues, which could include the death penalty, abortion and gun rights.

Republicans have all but conceded they lack the

votes to stop the Democratic-run Senate from approving Sotomayor to the lifetime post.

"Unless you have a complete meltdown, you're going to get confirmed," Republican Senator Lindsey Graham told Sotomayor as the Senate Judiciary Committee began several days of hearings.

But Republican leaders nevertheless launched a sharp political attack on her record, hoping to highlight what they say are Obama's plans to use the Supreme Court to drive social change.

"I believe our legal system is at a dangerous crossroads," said Senator Jeff Sessions. **REUTERS**

Karzai campaigns in Kandahar

AFGHANISTAN Vowing to win insurgents over to the political process, Afghan President Hamid Karzai flew to the Taliban heartland of Kandahar yesterday on his first major campaign tour for next month's presidential election.

Karzai was whisked under tight security to a government guest house in the southern city, where he survived an assassination attempt by a gunman in 2002.

The Aug. 20 presidential poll, the second in Afghanistan's short history as a democracy, is seen as a crucial test for NATO with violence at its worst since the Taliban was ousted in 2001. **REUTERS**

Lebanon Prisoner released



Released Palestinian prisoner Youssef Shaaban, middle, is greeted by his mother and supporters during a welcome ceremony upon his arrival in Beirut yesterday. Lebanon's President Michel Suleiman issued a pardon for Shaaban, who was convicted of shooting a Jordanian diplomat in 1994. **REUTERS**

JOHN D. QUOC CHINESE MEDICINE, Acupuncture & Massage Clinic

JOHN. D. Quoc DTCM, C.A.C., D.A.C., B.S.C., B.P.H., D.N., D.O.
 • Over 30 years clinical experience & research • Disposable Needles •
 Dr. of Acupuncture Specialist • Pharmacist • Osteopath • Naturopath • Massage therapist
 Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

RECOMMENDED FOR:
 Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

Vanier Medical Centre 292 Montreal Rd., Vanier
 613 263 0063 • 613 276-7750

HIGHEST CASHABLE GIC RATES

GUARANTEED & SECURE
LIFE INSURERS - 4.00%
vs. BANKS - 1.90%

• Five Year • RRSP Eligible • Deposit Insured

\$1,000 extra interest in your pocket per \$10,000 investment

*Deposits protected under ASSURIS, Insurers' equivalent to Bank's CDIC.
 Early redemption fees may apply. Rates subject to change without notice.
 Source: CIBC Financial Exchanges Limited, Date: June 30th, 2009

CALL NOW 613.842.8809
 FirstRateInsurance.com

First Rate INSURANCE

ATTENTION SECURITY GUARDS

• **THE SECURITY ALLIANCE GROUP** •
 has immediate openings for Security Guards, Mobile Patrol Officers, Bar/Restaurant Guards Armed Escorts, Special Events & By-law Enforcement Officers.
 Experience preferred but not necessary, training offered.

For an interview call **613.820.3554** Mon-Fri 9am-5pm

Reports say Kim Jong-il has pancreatic cancer

North Korean leader Kim Jong-il, 67, has life-threatening pancreatic cancer, South Korean broadcaster YTN said yesterday. **REUTERS**

world 5

Costa Rica aiming for fresh Honduras talks

Mediator looks to defuse political crisis

Mediator Costa Rica said yesterday it may call Honduras' interim government and ousted President Manuel Zelaya's negotiators within eight days for fresh talks aimed at defusing the country's political crisis.

The talks began last week and stopped after two days, making scant progress. Zelaya insists on his reinstatement and Roberto Micheletti, installed as interim president by Honduras' Congress after the June 28 coup, is adamant that he cannot return to power under any circumstances.

"Unofficially, we've been told that we'll be invited to Costa Rica on Saturday by President Oscar Arias to continue the talks," Micheletti told reporters.

Micheletti made the statement after swearing in his lead negotiator, Carlos Lopez, as new interim foreign minister. Lopez said he would continue to head the caretaker government's delegation at the talks.

In Costa Rica, a spokesman for Arias confirmed the mediator, who is Costa Rica's president and won the Nobel Peace Prize in 1987, intended to issue a fresh invitation to the two sides.

"The president is thinking of inviting the parties within a period of eight days," the spokesman, Este-



A supporter of Honduras' interim president Roberto Micheletti holds up a placard reading "Peace" during a demonstration outside the Public Ministry building in Tegucigalpa yesterday.

Background

- Ousted President Manuel Zelaya ran afoul of his political base and ruling elites in the conservative country by allying him-

self with Venezuela's leftist president, Hugo Chavez. He took office in 2006 and had been due to leave power next year.

ban Arrieta, told reporters in San Jose, but he could not give a precise date for the restart of the talks.

No foreign government has recognized Micheletti as president, and the Unit-

ed States and the Organization of American States have called for Zelaya to be restored to office after the coup in the impoverished Central American country.

REUTERS

Three officers injured in N. Ireland riots

ORANGE PARADE Rioters in Northern Ireland attacked police with bricks, bottles and other missiles in several places yesterday, wounding at least three officers on a day of parades by the pro-British Orange Order, police said.

A Reuters reporter said police responded to the rioting by hundreds of nationalist youths in the mainly Roman Catholic Ardoyne area of North Belfast with water cannon and plastic bullets. At least one gunshot was fired at police.

At least one teenager was taken to hospital from the scene, which was on the planned route of the Orange parade later in the evening.

REUTERS

Brits try to defend Afghan mission

CASUALTIES The number of Taliban fighters killed by British troops in Afghanistan in recent weeks far surpasses British military losses that have sparked a political uproar in Britain, a top British military official said yesterday.

Air Chief Marshall Jock Stirrup, Britain's chief of defence staff, said British forces have positively identified 197 insurgents killed since the British-led operation known as "Operation Panther's Claw" began in southern Afghanistan's Helmand province on July 3.

"The real number is probably more like double that," he told reporters during a visit to Washington. He spoke as the British government faced angry

Troops

- Britain has about 9,000 troops in Afghanistan, the second largest contingent after the United States.

questions in parliament over a shortage of vital military equipment and 15 British military deaths in Afghanistan in the past two weeks.

U.S. and British troops have launched an operation across southern Afghanistan to try to recapture territory from militants and improve security ahead of the presidential election next month.

Both British and U.S. troops have suffered heavy losses in the offensive.

REUTERS

Home Phone Lines

✓ **ALL FEATURES FREE!**

comwave [®] Enhanced	comwave [®] Unlimited Canada	comwave [®] One-Rate
\$14.95 /month	\$19.95 /month	\$29.95 /month
UNLIMITED Local Calling	UNLIMITED Calling to Canada	UNLIMITED Calling to Canada & U.S.A.
		
✓ All Features FREE	✓ All Features FREE	✓ All Features FREE

Keep Your Existing Phone Number!

All Features FREE

- ✓ Voicemail
- ✓ Caller ID
- ✓ Call Waiting
- ✓ Call Forwarding
- ✓ Free Comwave to Comwave calls WORLDWIDE!



LIMITED TIME OFFER

6 MONTHS FREE!

- **SATISFACTION GUARANTEED!**
- **KEEP YOUR EXISTING PHONE NUMBER!**

LONG DISTANCE

LOWEST RATES TO EVERY COUNTRY IN THE WORLD... GUARANTEED!
CALL TODAY AND LET US BEAT THE RATE YOU'RE CURRENTLY PAYING!!



comwave[®]

comwave.ca

613-216-6096

Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rates are based on a 3 year term, 6 Months Free - You get 3 months free immediately upon activation of the service. Get an additional 3 months free if you transfer your existing Home Phone Line to Comwave within the first 3 months. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. The option to keep your existing phone number may not be available in all areas.

LOCAL

Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed

Distribution Manager, Bernie Horton

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Comment

Order not without merit

Love him or hate him, Jean Chrétien deserves honour

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

The online comment boards lit up yesterday with news the Queen was bestowing the highly prestigious Order of Merit on Jean Chrétien.

Many wondered how the monarch could do such a thing? You're getting senile, Queenie, they said. The guy was a political Soprano. Got lucky because he had no opposition.

As someone who has written a couple of books on Jean Chrétien, I found it surprising, given his controversy-laden denouement, that such an exalted

honour came. Surprising, but not overly so.

As with so many political careers, you can fashion your rating for Chrétien by selectively choosing either the negative or the positive.

The negative? The sponsorship scandal, Shawinigate, GST flip-flopping, the gun registry fiasco, military helicopters, the APEC controversy, his pedestrian manner, his overcentralizing of power, his being hounded out of office by his own party. Fixate on these, and you've got a loser. Yep, the Queen has gone batty.

The positive? Balancing the terribly red books, leaving the economy in great shape, pushing back separatism with the Clarity Act, telling George W. Bush where to get off on Iraq, defending the ordinary people against corporate inter-

ests, winning three straight majority governments. Fixate on these — and it's a different story.

Chrétien was a narcissistic politician who viewed politics as sport. For him, it wasn't about ideals so much as the ego-gratification of winning. At the same time, he was a leader of conviction with rock-hard Canadian values. He hated ideology because "when you're doctrinaire, you're always looking to justify your doctrine." He never liked the rich because the rich, he said, always wanted more. "It's very dangerous," he said once, "when you find comfort with the big shots."

He was a consolidator, not an innovator, a pragmatist, not an intellectual. He mingled with the elites but down deep was never one of them. He would show up at a golf course on his own,

even as prime minister, and join in with whomever happened to be teeing off — a factory worker, a clerk, a salesman.

He bore grudges. Offend him and he would take you down — the way he did that day when, sporting his dark terminator shades, he dispensed with a protester. But Jean Chrétien loved the country and wasn't dour or mean-spirited. At root he was a bullish champion of salt-of-the-earth Canadian values.

Despite all his shortcomings, this is where his significance lies. Through four decades in the political maelstrom, he stood up for what this country means like few others ever have. For that he is deserving of high honours.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Time to clean the slate on land treaties



Bernd
Christmas

Canada's constitution of 1867 and the 1981 Charter of Rights are old pieces of paper. Old documents that have no meaning in today's age. We should just rid ourselves of these and start over. Besides, they were written by folks who just don't know what is good for us in a modern age.

Prepare the ramparts, it's go time!

Logic would say it doesn't make sense. Our societal and legal foundations come from these writings. The rule of law is etched within every word. No one would question the need for a system that keeps order and ensures that our collective and in-

dividual human rights are upheld.

So why is it a different set of rules when it comes to dealing with the legitimate land claims of our approximately 1.5 million Aboriginal Peoples? People that have been on this land mass for thousands of years. People that have been displaced, and forced onto parcels of land called "reserves."

Starting around the late 1960s, Aboriginal Peoples began to place legitimate land claims before the government of Canada. Those claims now total 1,046, only 272 of which have been settled since 1972. While government position has progressed, for the most part the basic premise is this: Any claim must first be approved by the government before it can proceed.

Does that make sense?

FocusOn FirstNations

Editor's Note: This is the first of a series of columns focusing on First Nations and Aboriginal issues leading up to the Assembly of First Nations convention, July 21-23, in Calgary.

For example, if you want to remove burglars from your house, then you call the cops. Land claim policy is the opposite. In the case of your home, you would first have to ask the burglars if it is OK to call the cops!

The issue is that we all believe our system of law is there to protect us. So we must ensure that all people in this country are protected, including Aboriginal Peoples.

Land claims must move forward in a legitimate

and efficient manner. They cannot be slowed down by governments that are afraid that the use of those old sacred treaties signed by chiefs with European monarchs is a waste of time, too costly, and meaningless. Treaties are the most sacred form of recognition between two parties.

If Canada is a democracy, then elected leaders must once and for all clean the slate with the Aboriginal Peoples of the land.

The government apologized to Aboriginal Peoples who endured the brutality of residential schools. Why can it not apologize and own up to the treaties signed by previous governments?

Bernd Christmas is a Mi'kmaq lawyer practising Aboriginal and corporate law with the Bernd Christmas Law Group in Toronto.



Worth mentioning

Experts unearth history of pandemic flu viruses

Flu viruses that sparked the three worst pandemics in the last century circulated in their near-complete forms for years before the

with previous studies that suggested the H1N1 virus of 1918 was a mutant that jumped direct from birds to human and ended up

catastrophes occurred, researchers in Hong Kong and the United States have found.

The H1N1 virus that sparked the Spanish flu of 1918-1919 circulated in

swine and humans well before the pandemic started, and it did not come directly from birds as previously thought, they added. Instead, it was probably generated by genetic exchanges between flu viruses from swine and humans.

This contrasts sharply

as many as 50 million people.

The findings are considered important because of the lack of studies of the virus in animals before the current outbreak of H1N1. Through understanding the natural history of viruses, monitoring of current viruses can be fine-tuned, the team from the University of Hong Kong and St. Jude Children's Hospital in the United States wrote.

REUTERS

Other viruses

Published in the Proceedings of the National Academy of Sciences, the study also involved two other pandemic viruses — the H2N2 responsible for the Asian flu of 1957, and the H3N2, which sparked the Hong Kong flu of 1968.

Metro Online Poll Results

76%
SAID
YES

Would Canada be better off if the next campaign elects a majority government?

24%
SAID
NO

Weigh in on today's question at metronews.ca

Tell us your views by email to ottawaleaders@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

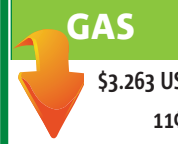
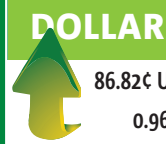
Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

McGraw-Hill looking to sell BusinessWeek: Source

McGraw-Hill is trying to sell BusinessWeek magazine, a source told Reuters yesterday, at a time when media advertising sales are slumping and would-be buyers for newspapers and magazines are scarce. McGraw hired boutique investment bank Evercore Partners Inc. to manage the sale, said the source. **REUTERS**

7

Business



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Man named in \$30-50M Ponzi scheme missing

Scott Hallman, 27, was driving home to Kingston, Ont., on Friday when he heard a report on the radio that a Montreal area financial adviser had gone missing and his firm's assets were frozen.

Hallman thought it might be a mistake. But he knew it was for real when he stepped in his house and his mother asked if he'd heard the news about Earl Jones.

Authorities allege that Jones, through his firm, Earl Jones Consultant & Administration Corp., was operating a multimillion-dollar Ponzi scheme worth between \$30 million and \$50 million. Quebec's stock market regulator, L'Autorité des marchés financiers, froze Jones' bank accounts last week but little remained.

Authorities still have not

Never licensed

- Earl Jones is being described as a charming man who cultivated his client base, many of whom were elderly, for years.
- Investors are now learning that Jones was never licensed to handle money from investors.

been able to locate Jones. His clients are mostly from the Montreal area, but also reside in other parts of Ontario and the U.S., authorities say.

Investors and their families are reeling from the shock. "I may not be able to return to university in September," Hallman said in an interview yesterday.

Montreal police said yesterday they would like to hear from anyone who gave money to Jones.

TORSTAR NEWS SERVICE

Microsoft moves Office software suite to web

TECHNOLOGY Microsoft Corp. will release three versions of its dominant Office software that users can access over the web, catching up with products that rival Google Inc. launched three years ago.

It is the latest salvo in an intensifying war between Microsoft and Google, which announced plans last week to challenge Windows with a free operating system. Microsoft introduced a new search engine, Bing, last month.

"Microsoft is finally making the conversion through the web-based world. First, we saw that through Bing. Now we are

seeing that through Office," said Jefferies & Co. analyst Katherine Egbert.

Microsoft will offer for free to consumers web-based versions of its Office suite of programs, including a word processor, spreadsheet, presentation software and a note-taking program.

Microsoft will also host one business version of Office at its own data centres, charging companies a yet-to-be-announced fee. Companies with premium service contracts will have the choice of running a second web-based version from their own data centres at no extra cost. **REUTERS**

Business In brief

LABOUR Unionized workers at Vale Inco's nickel mine in Sudbury and its nickel refinery in Port Colborne, both in Ontario, went on strike just after midnight yesterday, after rejecting the company's contract offer over the weekend. The strike won't have any immediate impact on nickel output because Vale had closed the Sudbury mine through the end of July

because of low nickel prices.

AIRLINE Pilots at Air Canada have narrowly voted in favour of a 21-month work and pension agreement, the union said yesterday. The airline has said lenders want labour peace before they will consider new loans to the carrier, which needs \$600 million in order to stave off its second bankruptcy filing in six years. **REUTERS**

New York Double-doubles in the Big Apple



Pedestrians walk past a new Tim Hortons coffee and bake shop in the Midtown Manhattan section of New York City yesterday. Tim Hortons Inc. began serving its coffee, baked goods and soups and sandwiches in 12 locations, for the first time throughout New York City, yesterday.

Economy to grow in 2nd half: Report

RECESSION The Canadian economy will begin growing again in the second half, boosted by global stimulus efforts, but the pace will be sluggish, the Conference Board of Canada said yesterday.

The research group forecast the country's GDP would fall by 1.9 per cent for the year, a slight revision downward from the 1.7 per cent decline it forecast in April. It expects the economy to grow 2.7 per cent next year.

The group predicted the Canadian economy will follow the lead of the U.S., which it also expects to grow in the second half. But it warned that the effects of the recession will linger into 2010 and recovery will be slow. **REUTERS**



Ragweed allergy season is coming.

If your symptoms get you down you may be eligible to participate in a research study of an investigational drug to possibly treat Ragweed allergies.

If you are:

In good health • Between 18 & 60 years of age and a non-smoker...

Call now: 613-725-2102 ext. 248

Allergy & Asthma Research Centre

Up to \$3000 compensation provided

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	SBIC	Scotia	TD
1.0%	0.75%	1.05%	1.6%	1.35%	0.75%	0.75%	1.6%	0.75%	0.75%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

HiSAVE Savings Account

Apply online: icicibank.ca1.60% CS

ICICI Bank

All interest rates are expressed on a per annum basis and are subject to change without notice. Interest on deposit accounts is calculated on the daily closing balance and paid monthly. RBC Bank and logo and the HiSAVE name are registered trademarks.

What's the 'affordability' factor?

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q My wife and I would like to start a family. However, we are seriously concerned about the cost of housing in Toronto. Our work is in the city, and like the conveniences of dining and entertainment. Housing costs will consume more than 40 per cent of our gross salaries. Is this the norm for many households?

— Trina and Sam

A According to a recent housing report released by RBC Economics, affordability measures have been restored to historical averages.

With declining housing cost in most provinces in Canada, this has made it easier for many families to get into the homeownership market.

The RBC's Affordability measure for a detached bungalow in our largest cities are as follows: Vancouver 62.6 per cent, Toronto 45.9 per cent, Ottawa 39.1 per cent, Montreal 36.5 per cent and Calgary 35.1 per cent.

What does this mean to

"Individuals should look at their own specific financial circumstances."

you and me? The higher the affordability reading, the more money is needed to service the cost. Vancouver continues to be the most unaffordable, consuming 62.6 per cent of a household's pre-tax income.

Toronto's not far behind, consuming more than 45.9 per cent of your hard earned dollars.

These numbers are only benchmarks and do not necessarily mean a family should or should not enter the housing market because their "affordability factor" is less than or greater than this measure.

Individuals should look at their own specific financial circumstances and make that judgment based on their situation. Factors such as children, debts, jobs, lifestyle, economy, etc., will also come into play.

A family that uses 70 per cent of pre-tax income to service housing in Toronto would quickly result in crisis mode, not unlike many of ex-homeowners in the United States.

Henry Choo Chong, CGA, can be reached at choochonghcgga@yahoo.ca.

Ask about everything

It's your money, find out exactly where it goes and remember: There are no stupid questions

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Note to Wall Street, Bay Street and all the other global avenues of finance — the next time, boys and girls, you feel a question welling up about where you're actually investing this billion or that trillion, make sure it gets answered before you make the buy.

I'm not saying that the last five years of accounting scandals, not to mention the asset-backed commercial paper implosion and the sub-prime mortgage meltdown, wouldn't have happened if a few questions had been asked and answered.

But it is clear that at least some of the mess could have been avoided if a few key people made one simple query. What the heck is this product anyway?

The lesson to be learned here is to ask questions about your investments. Don't have any, you say?

If you have an RRSP (Registered Retirement Savings



The lesson to be learned here is to ask questions about your investments. Don't have any, you say?

Plan), RESP (Registered Education Savings Plan), TFSA (Tax Free Savings Account) or RDSP (Registered Disability Savings Plan), then you are an investor. And it's critical to understand what you're buying for any of these accounts when you make your contributions.

The only way to do that

is to ask questions.

There's no such thing as a stupid one, by the way. Not all salespeople will understand everything they sell but the good ones won't cover it up by offering some version of, "My firm believes it's a good investment," all dressed up with confusing jargon.

One of the best ques-

Alison's Money Rule:

- When it comes to investing your money, there's no such thing as a stupid question.

tions to ask is about the potential for loss in worst case situations such as March 2009 or November 2008 when the markets posted record lows.

For example, many bought hedge funds thinking they were essentially virtually risk-free GICs. With a clear picture of the downside I doubt whether the average person would have touched them.

The bottom line is that if you don't thoroughly understand an investment product — walk away. You would be better off parking your money in a safe and sound bond or GIC than risk losing it on something you don't comprehend.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investment strategies for women

Retirement...Time for a New Conversation.
Join us for a workshop to get financial answers to your questions.

Wednesday, Sept. 30, 2009 11:45 - 1:00 pm 4:30 pm - 5:30 pm
Constitution Square - RSVP as seating is limited
Refreshments will be served

ScotiaMcLeod

H. Colleen O'Connell-Campbell,
CFP, CIM, CDFA, Wealth Advisor

Phone: 613-788-6307 Fax 613-782-6737
colleen_campbell@scotiacleod.com www.colleenocconnellcampbell.com



™ Trademark used under authorization and control of The Bank of Nova Scotia. ScotiaMcLeod is a division of Scotia Capital Inc., Member CIPF. Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.

On the web

Online columnist:

- Allan Small points out that now is precisely the right time to start investing — when everyone else is run-

ning away. To read some of his favourite areas where to invest, read his weekly online column at metronews.ca/investing

Allan Small



Midearth Travel

738 Bronson Ave., Ottawa
www.midearth.ca

NEW YORK CITY FUN

3 days, NYC and Woodbury Outlets

Every Saturday departure from \$179

USA 4 DAYS BUS TOUR

New York City — Washington DC — Atlantic City

Every Saturday departure from \$209

TORONTO — NIAGARA FALLS

2 days trip, 1000 Islands cruise, Toronto and Niagara Falls

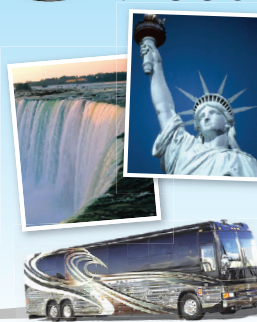
Weekly departure from \$109

QUEBEC CITY & WHALE WATCHING

QUEBEC CITY & MONTREAL

Two days bus tour from \$119

(ALL INCLUDING BUS & HOTEL)

For more bus tours, please call 613-236-5226 or www.midearth.ca

BUS TOUR PACKAGE

LPGA shakeup

Sweeping changes were announced by the LPGA Tour yesterday with commissioner Carolyn Bivens resigning from her post and being replaced on a temporary basis by Marsha J. Evans, a member of the LPGA's board of directors. **METRO NEWS SERVICES**

9

Sports



Lemaire deals with Devils

Jacques Lemaire, left, is returning for a second stint as coach of the New Jersey Devils. Lemaire led the Devils to the Stanley Cup in 1995. He was hired yesterday to replace Brent Sutter, who resigned after two seasons with New Jersey. The 63-year-old Lemaire coached the Devils from 1993 to 1998 before coaching the Minnesota Wild from 2000 through the end of this past season, when he resigned. **METRO NEWS SERVICES**

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Jays ace gets the nod

Halladay to start for American League in all-star game

Toronto Blue Jays ace Roy Halladay and San Francisco Giants righty Tim Lincecum have been selected as the starting pitchers for the 2009 all-star game at Busch Stadium.

American League manager Joe Maddon of the Tampa Bay Rays and National League skipper Charlie Manuel of the World Series champion Philadelphia Phillies made the announcements at a Monday news conference, also laying out the starting lineups for their respective teams.

"It's very difficult to pick that one guy," Maddon said about choosing the starting pitcher, adding Kansas City's Zack Greinke was also part of the mix. "It's not an easy decision to make. Based on this season and the body of work, I thought he deserved the nod."

Halladay has been rumoured to be on his way out of Toronto, as Blue Jays general manager J.P. Ricciardi recently indicated that he would be willing to deal his top pitcher for the right package.

"It's tough," Halladay said about the subject of trade rumours. "It's somewhere I enjoy being, but it's what's going to be best for the organization. It has been tough because I enjoy Toronto so much."

The 2003 AL Cy Young winner, Halladay owns a record of 10-3 with a

Prince reigns

• Milwaukee Brewers first baseman Prince Fielder, son of former Toronto Blue Jay Cecil Fielder, outlasted Nelson Cruz of the Texas Rangers last night to win the MLB home run derby.

2.85 earned run average in 17 starts this season. He spent some time in June on the 15-day disabled list with a strained groin and is 0-2 in three starts since returning from the injury.

Halladay becomes the third different Blue Jay to start an all-star game, joining David Wells in 2000 and Dave Stieb in 1983 and '84.

"When you do get a chance to be that first one out, it's special," Halladay said. "It doesn't happen very often. It's a special feeling."

METRO NEWS SERVICES



Roy Halladay



Ryo Ishikawa tees off during a practice round yesterday ahead of the British Open Championship in Scotland.

'Bashful prince' set to take on golf's king

BRITISH OPEN Let the comparisons begin.

Japanese teen sensation Ryo Ishikawa, whose nickname translates to the "bashful prince," is to play alongside golf's reigning king, Tiger Woods, as the British Open Championship begins Thursday at Turnberry, Scotland.

Ishikawa, who in 2007 became the youngest winner on a sanctioned circuit when he captured a Japan Golf Tour event at age 15, has called Woods his idol. The pair met briefly earlier this year at the Accenture Match Play Championship in Arizona but this will be the first time they play together.

It's the fulfillment of the first of two golfing goals Ishikawa publicly set for himself when he turned pro in January 2008.

"I want to play with Tiger Woods in the future and win the Masters," he told a Tokyo new conference.

Ishikawa, now 17, failed to make the cut in his first attempt at Augusta this year. But he still has three more chances to become the youngest winner of a green jacket, eclipsing Woods, who was 21 years and three months old when he first won at Augusta National in 1997.

REUTERS

Sports in brief

TOUR DE FRANCE Alberto Contador shrugged off Lance Armstrong's talk of tensions within the Astana team, saying yesterday he would let nothing distract him on his quest for a second Tour de France victory. Seven-times

champion Armstrong recognized on Sunday that having two such strong co-leaders in the Kazakh-funded team was not without its problems, saying: "There have been some tensions within the team."

REUTERS

BASEBALL Cuban pitcher Aroldis Chapman, who defected from the Caribbean nation earlier this month after arriving with his national team for a tournament in the Netherlands, has signed with an agent. If Chapman follows

the path of previous Cuban baseball players who defected, he would establish residency outside the U.S., and become a free agent, able to sign with any of the 30 major-league teams.

METRO NEWS SERVICES

DOWN SIZED?

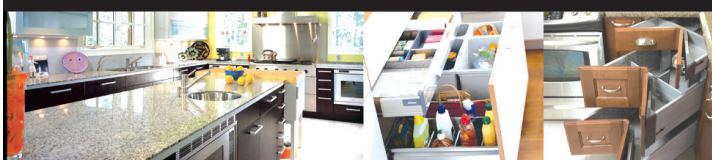
Laid Off? Out of work?

Seeking 14 reliable, honest and motivated individuals for permanent work with a growing company. We offer industry training, varied compensation programs and rapid career advancement opportunities

On target earnings of \$40,000+

**For consideration call:
613.321.4278**

2go CUSTOM KITCHENS



Kitchen & Bathroom Cabinetry
Computer Aided Design
In-house Consultation
Professional Installation

CALL FOR APPOINTMENT

1123 Newmarket St. Ottawa, On K1B 4N4

www.2gokitchens.ca

www.dynamicspace.com

613.731.8646

Kitchens for every lifestyle

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Beautiful hair, naturally

Haircare that's easy on your locks and the environment

SOFI PAPAMARKO
For Metro Canada

You want the best for your hair, but you also want to be kinder and gentler to the environment.

Good news! There's a new generation of natural hair care products that will help you feel good about the environment without sacrificing the look of your locks.

While certainly not as natural as brushing organic patchouli oil through your tresses and calling it a day, these products are more ecologically sound than most shampoos and conditioners on the market and will leave your hair silky, shiny and free from the dreaded residue often associated with natural hair care products.

Schwarzkopf Professional

Schwarzkopf Professional's Essensity line features shampoos, conditioners, styling products and gorgeous ammonia-free hair colour that is 90 per cent natural — so why not go all the way?

"In order to not compro-



Schwarzkopf Professional's Essensity line and Simply Organic's Everyday Hair are among the many products available that will not just breathe new life into your hair but protect the planet as well.

mise performance of product, at this point you still have to have some synthetic ingredients," explains Kelly Cook, technical adviser for Schwarzkopf. Their amazing Clarifying Shampoo contains organic Eucalyptus essences and is 100 per cent free from artificial colour, artificial fragrances, silicones, PEG's and parabens. Schwarzkopf also have an impressive tropical reforestation initiative in place. (\$15.75 at s c h w a r z k o p f -

professional.com).

Simply Organic

If you're looking to add lustrous shine to your hair naturally, then Simply Organic's Everyday Hair and Scalp Wash and Rinse is a one-two punch. Made with olive leaf extracts and free from parabens, you'll definitely feel good about using it.

Unexpected bonus No. 1: It totally smells like root beer. Unexpected bonus No. 2: In a pinch, the Every-

day Hair and Scalp Rinse does brilliant double duty as a shaving cream. (\$26 at simplyorganicbeauty.com).

Nature Clean

For those with allergies and sensitivities to fragranced personal care products, Nature Clean is a veritable dream come true. The Canadian owned-and-operated company's Herbal Shampoo and Conditioner is 99.9 per cent natural, hypoallergenic and unscented. Best of all, your

hair has never looked or felt better. (\$8.99 at naturecleanliving.com).

Dr. Hauschka

Containing macadamia nut oil and orange oil as well as extracts of Fenu-greek and Rosemary Leaf, Dr. Hauschka's Macadamia and Orange Shampoo for normal hair leaves you smelling like a spice rack and rinses squeaky clean.

Instead of using much-maligned ingredients like sodium lauryl sulfate, a sugar-based surfactant is used to create a sexy lather. (\$19.95 at drhauschka.ca).

Aveda

Aveda have launched their Sun Care line, featuring a Hair and Body Cleanser that removes chlorine and salt build-up and contains natural ingredients such as Tamanu oil, certified organic coconut oil and green tea extract.

It's packaged in 80 per cent post-consumer recycled high-density polyethylene and is scented with Aveda's 100 per cent certified organic signature Pure-Fume blend. (\$24.50 at aveda.com).

Haircare when you are travelling

Forget "experimenting" with hotel shampoo and conditioners, travel in luxury with Schwarzkopf Professional's two new travel trio kits.

- For stressed locks, there's the Cashmere Travel Kit. It contains the Seah Cashmere Bath Shampoo (50ml), the Seah Cashmere Wrap Conditioner (50ml) and the Seah Cashmere Masque (30ml).

- For colour-treated locks, there's the Blossom Travel Kit. It contains the Seah Blossom Bath Shampoo (50ml), Seah Blossom Wrap Conditioner (50ml) and Seah Blossom Masque (30ml).

- Both kits come with a free mini travel pouch and cost \$24 each. Seah products are available at select salons across Canada. To find a store near you please call 1-800-463-3081.



Creating Beautiful Hair

... Naturally



Prairie Naturals award-winning hair care products are formulated with natural ingredients to give you beautiful, healthy looking hair without the questionable additives.

Prairie Naturals hair care products do NOT contain:

- Parabens
- Sulfates
- DEA, MEA & TEA
- Propylene Glycol
- Petroleum Jelly
- Petrolatum
- Soft Paraffin
- Mineral Oil
- Phthalates
- Synthetic Colours
- Artificial Fragrances



Hair-Force

- Promotes beautiful, healthy hair and skin
- Minimizes hair loss and thinning
- Enhances hair lustre and shine
- Rich source of B vitamins and biotin



Available at Fine Health & Nutrition Stores
in your Neighborhood

Call us Toll Free at 1 800 931-4247 www.PrairieNaturals.ca

Pthalates may pose risks

CELIA MILNE
for Metro Canada

Ever feel like you're getting chemical overload? If you want to detox — especially if you're pregnant — start with your hair. A small step you can take towards toxin-free living is to use shampoo that is "phthalate-free." Phthalates are chemicals commonly found in plastics and vinyl flooring, and they often lurk in shampoos, hair sprays, perfumes and moisturizers as well.

"Phthalates may cause endocrine [hormone] disturbances and other effects," says Dr. John Meeker, assistant professor of environmental health sciences at the University of Michigan School of Public Health in Ann Arbor, Mich. "Animal studies and limited

human studies have reported adverse effects on reproduction, fetal development and other processes."

A new study of pregnant women led by Meeker suggests that phthalates may contribute to a growing number of premature births. He and colleagues in the U.S. and Mexico studied data from 60 pregnant women who had been enrolled in a larger study conducted at prenatal clinics in Mexico.

Half of the women carried their babies to term and half of them delivered prematurely. Results showed that women who delivered premature babies had, on average, three times the levels of phthalates in their urine, compared to women who delivered their babies at full-term.

Another study — this

one in Shanghai — found that when babies in the womb are exposed to phthalates, they are more likely to have a low birth weight.

Although neither of these studies prove that phthalates cause health problems, they do add to the evidence that phthalate exposure might be a concern in our health and the health of our children.

So what can you do to limit your exposure? Look for products that say "phthalate-free" on the label, Meeker advises. He also suggests there are resources on the web that list phthalate-free products. Your best bet is to buy fragrance-free shampoos and soaps whenever possible, "although unscented products are not guaranteed to be phthalate free," says Meeker.

SPECIAL FOCUS ON:
Hair Health
health & beauty 11

How big is your love?

Married people more likely to gain weight: Study

The J Spot
Josey Vogels
metronews.ca/thejspot

Seems that old adage about people "letting themselves go" after marriage is true.

Research out of the University of North Carolina recently published in the journal, *Obesity* followed 6,949 U.S. adolescents into young adulthood and found that those who married were more than twice as likely to become obese than those who just kept dating.

It isn't surprising that people put on weight once married. Instead of scarfing down a frozen Lean Cuisine before rushing out to meet your Monday night Singles' Rock Climbing

"Obviously, we fall in love with a person, not their size but to deny that part of what drew you to your partner was their physical appearance is naïve."

club, once married, you're more likely to sit down to a full meal together followed by a night in front of the TV, scarfing down a bag of potato chips while the svelte couple in your wedding portrait mocks you from the mantle piece.

Obviously this isn't an issue for many couples — just more to love, right? — but, as wonderful as it is to love and accept each other no matter what, it seems to me many people use this as an excuse to stop loving themselves.

And before you get on my case and think I'm implying that you can't love yourself if you're heavy or that you can't love and accept someone else who's heavy, I'm speaking more

specifically about people who don't start marriage that way.

According to this study, controlling your weight in a relationship can be tough and even cause strain in the relationship.

For example, if your partner is constantly bringing home junk food when he or she knows you're struggling with your weight it can make you feel resentful and unsupported.

Or, in some cases, if one partner manages to lose weight and get in shape, the heavier partner can sometimes feel threatened and insecure.

Asking a partner to lose weight will only make them feel defensive and ultimately less motivated

anyway.

So what do you do? Simply accept it as part of married life?

Obviously, we fall in love with a person, not their size but to deny that part of what drew you to your partner was their physical appearance is naïve.

If their looks change significantly during your relationship or marriage, isn't it also naïve to think this won't have an effect on your relationship?

What do you think? How would you feel if your partner gained a lot of weight? Would you say anything? If you and your partner have both gained weight, has it affected your relationship?

Go to Josey's Sexcetera blog at metronews.ca/blogs and let us know how you feel.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



According to a recent study by the University of North Carolina, controlling your weight in a relationship can be tough and even cause strain in the relationship.

Colouring your world

You just can't beat the convenience and budget advantages of home hair colouring — unless you somehow give yourself green or orange hair and have to run screeching to a salon for a rescue-9-1-1.

Happily, that's unlikely to happen. Home-colour formulas have improved and the companies who make them have expert online step-by-step and video tips as well as toll-free help lines in place for consumers. To get you started on the road to perfect home hair colour, here's our list of top tips.

Think quality and quantity

If you have super-thick or super-long hair, pick up two boxes of hair colour so you have the extra on hand in case you discover halfway through that you don't have enough.

Take precautions if you're expecting

"Despite the cautioning, there are expectant mothers out there who just don't want to give up their hair colour," says Christopher Martin, colourist and co-owner at Shagg Salon in Toronto and consultant for Clairol Canada. He advises using an ammonia-free formula, or going with highlights, because highlighting colour doesn't touch the scalp.

Know your limits

Want to make a big change? Note that you can't go from brunette to blonde in one step. "A box colour won't significantly lighten previously dyed hair," says Nicole Dupuis, technical manager for L'Oréal Canada. If you do want to make such a change, she adds, "you need a specific lightening kit designed to bleach colour out."

Assemble your backup team

If you're uncertain how to proceed, you're starting with very dry or damaged hair, or you're trying something new, call your chosen brand's toll-free help line or hit the related website for tips before you begin. They can help with a myriad of issues, from choosing a hair colour formula to counteracting brassy blond tones.

Do your homework

"Read the instructions very carefully," insists Eric Del Monaco, official hair artist and colourist for L'Oréal Paris Canada and stylist at O Sole Salon & Spa in Toronto. Hey, read them twice (they're important!), and follow them faithfully. The package insert will tell you everything you need to know, such as how to do a proper strand test (using the hair at the nape of your

neck, Del Monaco emphasizes) — and why you shouldn't skip it!

Wash your hair a day or two before

"You need the natural oils on your scalp to protect it," says Dupuis — so let your hair get a little dirty before you dye. "Don't comb or brush vigorously before colouring either," she adds. "You don't want to start with an irritated scalp."

Hydrate extra-dry hair

Dry, brittle hair is more porous than healthy hair and absorbs colour more readily. A strand test is a big must so you know how long it'll take to develop the shade you want, but also consider deep-conditioning hair beforehand.

Let your inner neat-freak take control

"Be as tidy as possible," says Del Monaco. He also suggests being methodical about the process.

JANINE FALCON/
BEST HEALTH MAGAZINE

besthealthmag.ca

Best Health is now on newsstands. For more Best Health, visit besthealthmag.ca



ADVERTISING FEATURE

YOUR DENTAL HEALTH

**OPEN
EVENINGS &
SATURDAYS**



**NEW
PATIENTS
WELCOME**

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

TREATING YOUR ORAL HEALTH...NOT YOUR INSURANCE

We have been very lucky in North America to have been blessed with employment that has provided our society with an enviable standard of living. Not only does this refer to the salaries many of us have earned, but also the **employment benefits**.

Benefits, such as **dental coverage**, have helped provide our society with a standard of oral health care that could only have been imagined years ago. However, it is important to note that **your coverage may not be sufficient to cover all of the treatment your dentist may recommend**.

Some patients may question why their dentist is recommending treatment that their insurance company is not willing to cover. The problem is that your **insurance may only provide coverage up to what your dentist would consider the minimum standard of oral health care**.

For instance, a patient in good oral health may only need to visit their dentist every six months. However, some patients may suffer from conditions, such as periodontitis,



Dr. Bao Nguyen
Dental Surgeon

that may benefit from returning to the dentist every three or four months.

It is the same as going to your family doctor. An annual physical may be sufficient for those who receive a clean bill of health. However, your doctor may want you to return more frequently if you are diagnosed with a condition such as high blood pressure.

Many insurance companies do not provide coverage for more frequent dental visits. In fact, some recommended procedures may not be covered. But **your dentist has an obligation to recommend the treatment that is best for**

your oral health, NOT your dental insurance. This means your dentist may suggest a treatment plan for which you do not have coverage.

To avoid confusion, **it is recommended that patient's review their policies** so they know the extent of their coverage. If you want to discuss other treatment options consistent with your dental insurance, you will need to know what options are covered.

As with any form of healthcare, **you have the final say in authorizing the treatment you will receive.** Just remember that compromising on your health care may lead to more serious problems in the future.

Your dentist will not compromise your oral health in devising a treatment plan. Rather, s/he will treat your condition, not your insurance. Because refusing to compromise your oral health care is a healthy habit...and healthy habits lead to healthy lives.

Dr. Bao Nguyen
Dental Surgeon



There will be a special Harry Potter and the Half-Blood Prince screening at midnight tonight at Coliseum Ottawa, Empire Cinemas, Gloucester Silvercity, Orleans Town Centre and Kanata 24 theatres. For the review and screen times, read tomorrow's Metro. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Ryan's big raise

According to the Hollywood Reporter, Ryan Seacrest has signed a deal worth \$45 million US to continue hosting American Idol for the next three years, more than tripling his old salary. POPEATER.COM



Dead Weather goes with the music

BRYAN BORZYKOWSKI
for Metro Canada



If anyone deserves the title "busiest musician in show-biz" it's Jack White. Besides fronting The White Stripes, the prolific artist is a producer, a record store owner and the guitarist and singer in the Raconteurs. So when White started yet another project, even he was surprised.

"I wasn't expecting to be in a new band on another tour," says White before a gig in Toronto. "Last fall I had an empty calendar. I can't believe what has happened in the last six months."

What's happened is The Dead Weather, a sludgy garage blues rock band that features The Kills' Alison



The Dead Weather is equal parts The White Stripes, Queens of the Stone Age, The Kills and The Raconteurs but their sound is unique, says drummer Jack White.

Mosshart on vocals, Queens of the Stone Age's Dean Fertita on guitar, Raconteurs' Jack Lawrence on bass and White on the skins.

It's a supergroup to be sure, but unlike, say, Velvet Revolver, the foursome isn't doing this to make a quick buck. The reason they formed the band, says

White, is because the music told them to.

"I do believe the music tells you what to do," he explains. "If the songs didn't emerge they wouldn't have told us to form a band. We're busy. We're not looking for something fun to do. There was a direct need to create these songs."

You can't just chalk this band formation up to some musical spirit having its way with the group — it helped that White became friends with Mosshart after the Kills opened for the Raconteurs.

Soon enough the friendship blossomed into a musical partnership when, on

one alcohol-fuelled night, the two songwriters, along with Fertita and Lawrence, recorded Gary Numan's Are Friends Electric. About 12 hours later they had written four other songs.

"We just kept writing," says Mosshart. "It was really a massive accident. We had so many songs that we really loved and we were having such a good time."

There's no question that these swampy goth-rock songs are fun, but they're no White Stripes or Kills. White admits that it might be difficult for people to get that this new band is different.

"If you put musicians in bands together people think the new group should therefore be better than the best Queens, Stripes and Kills songs put together," says White. "It's

impossible for fans not to have these preconceptions. I imagine it will take a couple listens to clear their head."

White also points out that just because this group doesn't sound quite like their other acts, doesn't mean The Dead Weather went into the studio consciously trying to create a new sound.

"It's very hard for people not to think it's pre-mediated and talked about," he says. "But, if we sat down and said who should be in this band, it would have been something else. If you go into it thinking I like this one Missing Persons album or I like this Frank Zappa record then maybe you'll get something, but it won't make sense. If it doesn't come naturally than it's not worth doing."

GREEN DAY

21ST CENTURY BREAKDOWN TOUR

WITH SPECIAL GUEST
THE BRAVERY

WIN
YOUR WAY IN TO THE
PRIVATE
GREEN DAY
SOUNDHECK PARTY!

**LIVE SCOTIABANK PLACE
JULY 17TH, 2009**

To enter, visit www.metronews.ca click 'contests'.

WWW.GREENDAY.COM
CD AVAILABLE IN STORES NOW!

Produced by
LIVE NATION

Complete contest rules available at www.metronews.ca.

metro

A&E's Jackson family reality show in limbo

A&E is working on a reality project with the Jackson family that could gain newfound viewer interest in the wake of the King of Pop's death.

The network commissioned a one-hour special following Jackie, Tito, Jermaine, Marlon and Randy that was originally intended to serve as a "backdoor pilot" for a potential series. The project was commissioned months ago and producers have finished shooting footage that followed Jackson family members as they readied a new album and reunion tour.

A&E planned to air the result as a special, tentatively titled The Jackson Family, next year, taking a

"We have started discussing internally and with the family but have not yet decided what direction to take with the show. We are respecting the family's wishes right now."

A&E Executives

wait-and-see approach and gauging viewer reaction before deciding whether to order the project as a series.

After Michael's unexpected death last month and subsequent intensive media coverage, the question for A&E becomes: What now?

Producers have not shot any additional footage with the family since Jackson's

death, leaving the network with a project that's still attractive — one that uses footage and interviews capturing the current incarnation of The Jacksons as entertainers, entrepreneurs and family members — yet also has a glaring narrative omission hanging over its current form.

A&E's special will almost certainly have to change to reflect recent events. But the network has not yet decided the best course of action.

"We have started discussing internally and with the family but have not yet decided what direction to take with the show," said A&E executives, in a statement.

"We are respecting the family's wishes right now, and at the appropriate time we will all decide what direction this program to take, so stay tuned."

REUTERS

OTTAWA'S ONLY DRUM SHOP

390 Gladstone Ave.
Ottawa, ON K2P 0Z1

Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm

Dave's DRUM SHOP Inc.

Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786

Now on your phone
m.davesdrumshop.com

Mel Gibson video puts singing girlfriend on the fast track

Mel Gibson isn't wasting time with his girlfriend's singing career. Less than a month after Oksana Grigorieva released a video for her first song, Say My Name, she's back with another one. Beautiful Heartache was directed by Gibson in Mexico. **POPEATER.COM**



Red alert! It's Christina

But who'd know Mad Men star is a natural blond?

NED EHRBAR
for Metro World

As voluptuous Joan Holloway on Mad Men, Christina Hendricks has been melting hearts with her fiery red hair.

The only thing is, she's a natural blond.

At the age of 10, Hendricks had a revelation.

"I wanted to be Anne of Green Gables," she admits. So the red rinses began.

"When I started modeling, I went back to my natural blond colour, but I always felt like a redhead," she says.

After going red again, "I started working 10 times more than I did as a blond."

Known as much for her curves as she is for her hair, Hendricks admits working on a show like Mad Men has been a blessing: She can avoid the gym.

"If (creator Matthew Weiner) sees a defined arm



Christina Hendricks on Mad Men. She admits she loves the 'positive' attention from men that the show brings her.

muscle, he'll tie you down so you can't use your limbs," she jokes.

Season 2 of Mad Men is out on DVD today

"It's important to him that you don't see sculpted bodies."

Not that anyone's complaining about the shape Hendricks is in.

"I've gotten a lot of positive attention," she says.

But Hendricks doesn't see Joan as using her body overtly. "Joan never really says anything sexual or anything with innuendo."

One of the biggest takeaways from the show for Hendricks has been the fashion lessons.

"I never would've thought to put on a pencil skirt before Mad Men. And it does wonders."

DVD picks

12
Director: **Nikita Mikhalkov**

A DAGGER stabs through a thick stack of paper, showing how easily it would have passed through a man's heart.

The verdict for 12 Moscow jurors deciding the fate of a Chechen youth accused of murdering his Russian stepfather seems just as simple: guilty as charged.

Yet one of the men vacillates, remembering his own troubled youth, and sets in motion a series of accusations and confessions from the other jurors that turns rough justice into a masterful intrigue.

Nikita Mikhalkov's Oscar-nominated version of Reginald Rose's classic story of crime and punishment, already well told through Sidney Lumet's 1957 film 12 Angry Men, is less a remake than a brilliant reinvention.

He remains true to the story basics but transforms the spirit of the drama into an exposé of Russian society and its many failings.

All of the actors are first-rate, including Mikhalkov in the role of the jury foreman whose own late-arriving story ups the ante of a narrative that never flags, even at an epic 159 minutes.

The standout is Sergey Garmash as a racist cab driver.

Mikhalkov breathes air into the room by setting the jurors in a dilapidated high school gym for their deliberations, which allow them to make use of innovative props and to demonstrate the sad state of Russian infrastructure.

A small bird that flits in and out between the holes in the room acts as metaphor for the fate of the Chechen youth (Apti Magamayev) who sits in solitary confinement.

This most American of courtroom sagas has been masterfully transferred to Russian soil.

Overlooked at theatres in its spring release, and a runner-up for Oscar glory in the Best Foreign-Language Film category in 2008, it deserves the full attention of discerning DVD buyers and renters.

Che, Part One

Director: **Steven Soderbergh**

THE ELEPHANTINE account by Steven Soderbergh of the rise and defecation of revolutionary Ernesto (Che) Guevara ran a bladder-bursting four hours and 22 minutes in its theatrical version.

But it has been split into two for the DVD release.

The first and better section, The Argentine, begins with Guevara's mid-1960s posturing at the UN before backtracking into the jungle warfare that led to victory alongside Fidel Castro in 1959.

The film reeks of authenticity but also self-indulgence.

A potentially great performance by Benicio Del Toro in the title role is buried beneath Soderbergh's stylistic tics.

We never really get to know the man whose face launched a million T-shirts.

(NOTE: James Gray's romantic drama *Two Lovers*, previously reviewed, is also available today.)

— **PETER HOWELL/**
FOR METRO CANADA

Sarandon stars in Kevorkian movie

DR. DEATH Susan Sarandon and John Goodman are set to join Al Pacino in *You Don't Know Jack*, HBO Films' movie about Jack Kevorkian, the assisted-suicide specialist dubbed Dr. Death.

Kevorkian assisted in more than 130 suicides.

He was convicted in 1999 of second-degree murder and spent eight years in prison. Sarandon will play Janet Good, an activist with the Hemlock Society who becomes one of Kevorkian's staunchest supporters. Goodman will play Nicol, a friend and co-worker of Kevorkian since 1961 and a steadfast supporter of the right to die.

REUTERS

Huston wins a movie crown

MYTHOLOGY In a role fit for a member of Hollywood royalty, Danny Huston will play King Richard I in the untitled Robin Hood movie starring Russell Crowe as the mythical hero. Production on the Imagine/Universal film is underway in England with Ridley Scott at the helm.

Huston, the son of director John Huston, will step into the shoes of the historical figure King Richard, who became known as Richard the Lionheart because of his exploits in the Third Crusade.

HOLLYWOOD REPORTER

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Undersea Exp.	Parks	The Best of The Agenda	Judah & Mohammad	Chinese School	Best-Of-Agenda			
211	331	3	ETV	ET Canada	Entertainment	NCIS "Love & War"	Big Brother 11 (N)	NCIS	News			
-	-	5	SRC	Des sœurs	Tout	Beautés désempées (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou	TJ Ontario			
209	342	6	CHRO	The Road to Avonlea	Monk (N)	America's Got Talent (N)	Cupid "Shipping Out" (N)	Cupid "Shipping Out" (N)	Comedy Now			
196	311	7	CTV	Hollywood	etalk	Canada's Next Top Model (N)	Criminal Minds (HDTV)	Law & Order: SVU	News (N)			
208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Being Erica (D/S)	The Hour			
-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	America's Got Talent	Jeopardy! (N)	Law & Order: SVU	News (N)			
117	713	10	TVA	Qui perd gagne (N) (SC)	Criss Angel	Lipstick Jungle (SC)	Sur la Piste de Villages	NCIS "Love & War"	News (N)			
-	11	QS	Catherine (SC)	Esprit	NCIS "Love & War"	News (N)	According-Jim	According-Jim	News (N)			
137	763	12	TFO	Panorama été	Dr. Phil (HDTV)	48 Hours Mystery	Two/Half Men	King	Cold Case			
-	362	13	CBS	Raymond	According-Jim	According-Jim	According-Jim	According-Jim	News (N)			
216	395	14	OMN2	Raymond	According-Jim	According-Jim	According-Jim	According-Jim	News (N)			
214	344	15	CITY	Law & Order: SVU	News (N)	According-Jim	According-Jim	According-Jim	News (N)			
115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)	According-Jim	According-Jim	News (N)			
218	345	18	EL	The Insider (N)	El News	Taking It Off	Better Off Ted	Rocker Moms	Ruby	News (N)		
-	361	20	ABC	News (N)	Entertainment	The Superstars (N)	Better Off Ted	Scrubs	Primitime: Family Secrets	News (N)		
512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique	Dossier public	100 Huntley Street	Life Today	This Is Day	John Hagee	News
651	355	25	CTS	Little House on the Prairie	MLB Baseball All-Star Game (HDTV)	From Busch Stadium in St. Louis, (Live)						
-	365	36	FOX	TMZ (N)	Seinfeld	MLB Baseball All-Star Game (HDTV)	From Busch Stadium in St. Louis, (Live)					
-	64	PBS	Business Rpt.	Primal Grill	Primal Grill							
205	312	104	CTV	Hollywood	etalk	Canada's Next Top Model (N)	Criminal Minds (HDTV)	Law & Order: SVU	News (N)			
502	390	26	NW	CBC News	Mansbridge	The Hour	CBC News: The National	Mad, Bad & Ugly Drivers	National			
500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown (N)	MLB Baseball All-Star Game (HDTV)	From Busch Stadium in St. Louis, (Live)					
406	417	27	net	MMA Conn. [All-Star Pre.	MLB Baseball All-Star Game (HDTV)	From Busch Stadium in St. Louis, (Live)						
128	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)						
400	280	30	TSN	Billiards: WPBA	World Poker Tour	Poker Equalizer.						
410	403	52	SCR	Cabby Unlimit	Score Update	Cycling Tour de France - Stage 10.	From Limoges to Issoudun.					
411	457	56	OLN	Bounty Hunter	Bounty Hunter	Super Bikes!	Super Bikes!	Drag Race	Drag Race	Pimp My Ride		
417	406	59	SC	Pimp My Ride	Pass Time	6TEEN	6TEEN	Robot Chicken	American Dad	Moral Ore!		
554	544	48	TEL	Jimmy Two	Total Drama	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Cory in House	Zack & Cody	
551	542	65	YTV	Family Biz	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach	Mystery Hnt.	
570	580	29	MV	The Daily Fix	Ranked!	The First 48 (HDTV)		I'm a Celebrity, Get Me Out.	Entourage	Gene Simmons	The Daily Fix	
615	520	31	A&E	The First 48 (HDTV)		CSI: Crime Scene Invstgtn.		Ways to Die	Ways to Die	MANswers	MANswers	
628	584	32	SPKE	CSI: Crime Scene Invstgtn.		Stager		18 Kids-Count	18 Kids-Count	Little Couple	18 Kids-Count	
521	560	34	TLC	Say Yes-Dress	Cake Boss	Michel Drucker au coeur de l'armée de terre		The Haunting of Sorority Row (2007, Drama)	Kailin See	House		
145	761	35	TV5	Dieux et démons		Live at the Rehearsal Hall		Bravonews	Numus	Law & Order		
616	521	39	SHO	The Outer Limits		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)	Daily Planet	
620	523	40	BVO	The Story Behind the Notes		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Ultimate Garth	
520	505	42	DJS	Daily Planet		Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Hot Box (N)	Awesome	Daily Show
575	583	43	CMT	Cross Canada Countdown		Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Rich Bride, Poor Bride	Hot Box (N)	Awesome	Daily Show
601	582	45	SLC	Skin Deep	Til Debt-Part	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
625	546	46	COM	Air Force	Just for Laughs	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
600	564	49	H&G	House Hunters	Property Virgin	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
627	528	50	SPC	Stargate Atlantis	(DVS)	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
581	566	53	MTV	Room Raiders	After	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
618	524	54	TROP	Power Play "The Truth"		House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
522	506	55	HIS	NCIS "Singed Out"		House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
126	773	60	CD	Biographies "Paul Houde"		House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
261	394	61	V	Murder, She Wrote		House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
567	62	62	W	Style by Jury	Friends	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
269	530	70	APTN	Wings-Canada	Tears	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
621	527	71	TLK	The Ellen DeGeneres Show		House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne
603	561	95	FN	Chef at Home	French Food	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne

critics'corner

Being Erica

All it takes is one intimidating person to make someone leery of standing up for herself. In this episode, Erica has a new boss who's a real bully. To help her gain the confidence to confront him, Dr. Tom sends her back to university for a do-over with a fearsome professor in "The Secret of Now." 9 PM on 8 CBC



Law & Order: Special Victims Unit

While investigating a triple murder, Detectives Benson and Stabler discover that one of the victims had been working at a strip club run by former Birdie City Music Hall Rockette Rocio Suloway, who tries to pitch in with her nephew to help solve the case in "Ballerina." 10 PM on 7 CTV 9 NBC 104 CTV

Mad, Bad & Ugly Drivers

This new documentary spotlights three kinds of dangerous drivers — the overly aggressive, the overtaken and the distracted. The crash footage will have you rethinking your driving habits. The film also offers a peek at technological innovations that may help. 10 PM on 26 NW



Kate Moss is set to launch a 1.5-billion-US business empire with music mogul Simon Cowell and businessman Sir Philip Green, femalefirst.co.uk reports. The power trio hopes the new company will be able to compete with Disney. **METRO NEWS SERVICES**

Celebrity Buzz

Posh is gunning for Sex and the City sequel role

JUST WANTS TO ACT Victoria Beckham is busy brushing up her acting skills in the hopes of landing a part in the next *Sex and the City* movie, according to the Daily Mail. Beckham wanted to take part in the first film, but the Spice Girls reunion tour schedule made it impossible. "She really wanted

to be in the last movie but wasn't able to," a source tells the Daily Mail. "This time she's keen to take part." Beckham had a cameo on *Ugly Betty* in 2007. **METRO NEWS SERVICES**



Angelina and Brad are in the market for a NYC pied-à-terre

OVER-HOUSED Brad Pitt and Angelina Jolie are reportedly ready to add another home to their portfolio of properties, looking to scoop up a spot in the Aghorh, a 1908 luxury building on New York City's Upper

West Side, according to Gatecrasher. "The gated courtyard means they can get in and out of their car without being hassled by paparazzi. The building also has several other exits," a source says. **METRO NEWS SERVICES**



Gaga bids goodbye to fling

DISPOSABLE RELATIONSHIP Lady Gaga has hinted her relationship with her entrepreneur boyfriend is over — a month after the pair went on a beach holiday, femalefirst.co.uk reports. The pop singer was linked to a mystery man — who was known only as Speedy — after they were pho-

tographed kissing passionately in Hawaii in June. But the singer is now enjoying being on her own.

She tells Britain's *The Sun* newspaper, "I'm a single girl. I like to have a good time. I just sleep with the guys in the band all the time because it's easier." **METRO NEWS SERVICES**



Longoria likes it when Tony ties her up

LEISURE PURSUITS Eva Longoria Parker likes being tied up during sex, femalefirst.co.uk reports. The *Desperate Housewives* actress — who is married to basketball star Tony Parker — has revealed her most satisfying lovemaking sessions involve her being restrained in the bedroom.

She revealed: "I'm not averse to being tied up with silk scarves. I like a man to take charge. There's something very sexy about being submissive."

Speaking as part of *Cosmopolitan* magazine's Best Ever Sex survey, Spider-Man star Kirsten Dunst also revealed her favourite en-

counter, admitting she once had sex in a store changing room with actor Jake Gyllenhaal.

Former Spice Girl Mel B revealed her husband, film producer Stephen Belafonte, is the only person she has ever been in a relationship with who could match her sex drive.

She said: "I know I'll always be faithful to Stephen because I've never met anyone before him who is sexually on a par with me." **METRO NEWS SERVICES**



Rachel's vocal cords get sliced and diced

ALTERATIONS After years of putting surgery off, TV host Rachel Ray has gone under the knife to repair her ailing vocal cords, popeater.com reports. People magazine learned that Ray underwent the procedure last week. "Rachel decided to have a benign cyst removed from her vocal cord," said her rep, Charlie Dougiello. **METRO NEWS SERVICES**



Lonesome Leonardo chats up the chicks

PLAYAS Leonardo DiCaprio, who recently split from model Bar Rafaeli, was just spotted at New York watering holes "with a bunch of dudes, talking to girls," sources tell Page Six. Before hitting up two lounges at inns in Greenwich Village, DiCaprio "a crew of guys" were seen enjoying the company of "two stunning mystery females" at the Knave bar in Le Parker Meridien in midtown. **METRO NEWS SERVICES**



Bored Brit varies up her show

OVERACTIVE MIND Britney Spears continually changes her stage show to stop herself from getting "bored," femalefirst.

co.uk reports. The singer — who is currently completing the European leg of her *Circus* tour — continually changes her set list and introduces new dance routines to ensure her performances are always fresh.

She explained: "We have a song called *Mannequin*

that we're adding to the show, which I'm really, really excited about, so it should be interesting. We have to update the show or it gets really boring."

The 27-year-old singer is currently in Paris, and admits it is one of her favourite cities. She said: "It's

going really well so far, I'm having a lot of fun. I'm very excited to be in Paris. It's one of the most beautiful places I've been to so far. It's very cool."

METRO NEWS SERVICES



Damon plays up charitable side on Entourage

PUBLIC GIVING Matt Damon is no stranger to good exposure — or good deeds, people.com reports.

"Matt came on the phone with me and wanted to do something that focused on his charity, *One By One*, which helps kids all over the world," Doug Ellin, executive producer of *Entourage*, tells TV Guide. "It wasn't hard to get him."

As for Damon's *Entourage* appearance, that's a secret that's not supposed

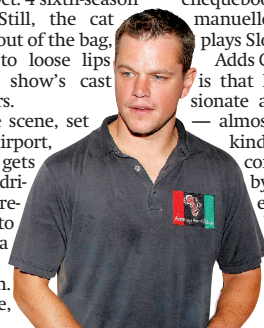
to be spilled until the HBO's series' Oct. 4 sixth-season finale. Still, the cat may be out of the bag, thanks to loose lips on the show's cast members.

In the scene, set in an airport, "Matt gets Vince (Adrian Grenier) to make a massive donation. He's like,

'Bro — whip out your chequebook!'" reveals Emmanuelle Chriqui, who plays Sloan.

Adds Grenier: "The joke is that Matt is very passionate about his charity — almost in a stalkerish kind of way. Vince becomes (intimidated) by his intensity. He ends up bullying Vince into giving much more than he should."

METRO NEWS SERVICES



YOU COULD WIN

THERE'S SOMETHING WRONG WITH ESTHER.

OPPHAN

JULY 24 - CAN YOU KEEP A SECRET?

DOUBLE PASSES TO SEE A RUN OF ENGAGEMENT SCREENING OF THE ORPHAN

6 LUCKY WINNERS WILL ALSO RECEIVE A \$100 FUTURE SHOP GIFT CERTIFICATE!

ENTER FOR YOUR CHANCE TO WIN! metronews.ca

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes July 17, 2009 at 3pm EST. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca

metro

ComicsOnline

For more cartoons, visit metronews.ca

GO, FLY, BE FREE!!

LET ME GUESS, CITY GIRL?

www.TheCartoonists.com

T-N SHILOK

Lindsay's got her sights set on Russell

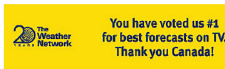
DESPERATION Ever since her relationship with Samantha Ronson hit a rough patch, Lindsay Lohan has reportedly had her sights set on Russell Brand. But he's not interested. "Russell has been on her radar for a while now but he doesn't want anything to do with her," a source tells the Sun. **METRO NEWS SERVICES**



Winehouse has worn out her welcome

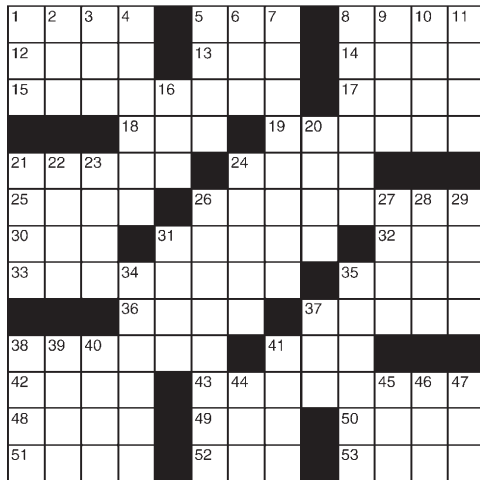
LOST CAUSES Singer Amy Winehouse is reportedly ready to leave St. Lucia and head back to the U.K. "She's been banned from hotels, the bars don't want her there and locals see her as a nuisance when she's drunk," a source tells the Daily Mirror. **METRO NEWS SERVICES**





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Crossword across

- | | |
|------------------------|--------------------------|
| 1 Soother | 32 Pi follower |
| 5 Vacationing | 33 Bible |
| 8 Cavort | 35 On in years |
| 12 Concept | 36 Wriggly swimmers |
| 13 Island souvenir | 37 Travelocity mascot |
| 14 Ontario neighbour | 38 Old Portuguese money |
| 15 Welcome information | 41 Crone |
| 17 Confront | 42 Body powder |
| 18 Coffee holder | 43 "I hope you succeed" |
| 19 Semi, e.g. | 48 Lotion additive |
| 21 Pie nut | 49 Anger |
| 24 Slender | 50 Needle case |
| 25 Destroy | 51 Stamina |
| 26 Bargain | 52 Letterman's network |
| 30 A Gershwin brother | 53 Exemplar of 24-Across |
| 31 Houston hockey team | |

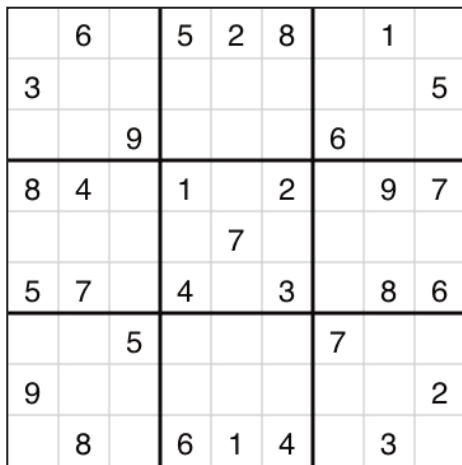
Crossword down

- | | |
|----------------------------|-------------------------|
| 1 Ginormous | 26 Re earth science |
| 2 Commotion | 27 Therefore |
| 3 Zodiac cat | 28 Throat sound |
| 4 Nut | 29 Prospector's find |
| 5 Couturier Cassini | 31 Sleeping |
| 6 Not a lot | 34 Low cards |
| 7 End of the line? | 35 User of 7-Down |
| 8 Money back | 37 Peregrinate |
| 9 Exam format | 38 List-ending abbr. |
| 10 Sightless trio of rhyme | 39 Post-Christmas event |
| 11 Equal | 40 Stop up |
| 16 Sister | 41 Weeding tools |
| 20 Helps | 44 Sphere |
| 21 Overly proper one | 45 Multipurpose truck |
| 22 38-Across' replacement | 46 Prompt |
| 23 "Arrivederci" | 47 Youngster |
| 24 Barcelona bulls | |

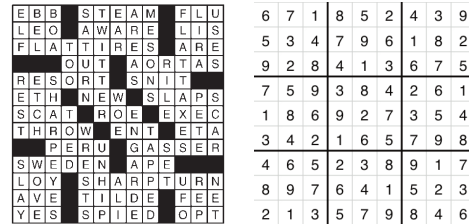
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min.....Smart
Under 13 min.....Genius	21-25 min.....Not bad
13-17 min.....Scholar	25+ min.....Keep practising

Metro Recipe of the Day



Chicken Strips with Garlic Sauce

INGREDIENTS:
 1 lb (500 g) boneless, skinless chicken breasts
 4–6 cloves garlic
 2 tbsp (25 ml) Dijon mustard
 1 tbsp (15 ml) tomato paste
 2 tbsp (25 ml) wine vinegar
 4 tbsp (60 ml) chicken stock or water
 4 scallions
 2 tbsp (25 ml) olive oil
 1/2 lb (250 g) vermicelli
 Salt and black pepper
 2 tsp (10 ml) cornstarch
 3/4 cup (175 ml) table cream

METHOD:

- Put pot of water on to boil for vermicelli. Cut chicken breasts diagonally into long, thin strips.
- Peel garlic and crush into bowl. Stir in mustard, tomato paste, vinegar and stock or water.
- Rinse and dry scallions. Holding them together firmly, slice green parts finely and push to one side, then slice white parts finely and keep separate.
- Heat 1 1/2 tbsp (20 ml)

oil in frying pan over high heat. Stir-fry chicken 1–2 minutes, until white.
 5. Stir garlic and vinegar mixture into pan and add white parts of scallions. Bring to boil, cover, and simmer gently 5 minutes.
 6. Meanwhile, add vermicelli and some salt to boiling water. Return to boil and cook 3 minutes, then drain well and toss in remaining olive oil.
 7. Blend cornstarch with a little cream and stir into chicken. Add green parts of scallions, reserving some for garnish, then add remaining cream and season to taste. Stir over moderate heat 2–3 minutes until sauce thickens.
 8. Serve chicken and sauce over vermicelli and garnish with reserved slices of scallion.

SERVES 4



Horoscopes by Sally Brompton

sallybrompton.com

ARIES
MARCH 21-APRIL 20
 If you say too much or go too far today you will leave others standing in amazement — which is precisely what you were hoping for!



TAURUS
APRIL 21-MAY 21
 Not everyone will agree with your verbal musings today but that won't stop you. It will only encourage you to double your efforts to persuade.



LIBRA
SEPT 23-OCT 23
 Have you considered the possibility that the universe is trying to tell you something? Maybe you should stay right where you are.



SCORPIO
OCT 24-NOV 22
 It's good to be assertive but it's not so good if you try to coerce people into doing things that run counter to their interests.



GEMINI
MAY 22-JUNE 21
 The Sun's alliance with your ruling planet Mercury today is generally a good thing but it also warns that you need to take care when it comes to deals.



SAGITTARIUS
NOV 23-DEC 21
 A minor disagreement over a money-related matter could get blown out of all proportion, so watch what you say.



CANCER
JUNE 22-JULY 22
 You might not want to make waves but if you don't say your piece now you may not get another chance until much later in the year.



CAPRICORN
DEC 22-JAN 20
 It may look as if others are ganging up on you but are they really, or is it just that you are super sensitive at the moment?



LEO
JULY 23-AUG 23
 You don't have to try to decipher every simple message that comes your way. Take what you are told at face value today.



AQUARIUS
JAN 21-FEB 18
 You may want to help those in need but you have needs too and they will inevitably conflict with what other people expect of you.



VIRGO
AUG 24-SEPT 22
 A friend will give you some extraordinarily good news today but for some reason you will be reluctant to accept it. Don't be so defeatist.



PISCES
FEB 19-MARCH 20
 No way are you going to keep a low profile today. You have plenty to say and lots to prove and if others resent your me-first attitude, that's too bad.



FLIGHT CENTRE *Unbeatable*

PARIS STARTER PACKAGE

\$562*

Citadines Paris Place d'Italie + taxes & fees \$348

INCLUDES roundtrip airfare and first 2 nights 3-star central accom. Travel Aug 17 - 24/vat/ts.

1 866 720 4853 | flightcentre.ca

Conditions apply. Ex: *Montreal. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication; errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. waits=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

WORDY GURDY[®]

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Craps cubes cost (1)
- Much smaller now striped stinker (1)
- Battle Eisenhower (1)
- NYC borough high-schoolers (1)
- Ventriloquist props' bellies (2)
- "Boston Legal" star James' brokers (2)
- Lessening of gymnastic scoring minus (3)

ANSWERS: 1. DICE PAIR 2. SHIRK SKUNK 3. FIGHT DWIGHT 4. QUEENS REDUCTION 5. SNIPS 6. SPADERS 7. THIMBERS 8. THIMBERS 9. THIMBERS 10. THIMBERS 11. THIMBERS 12. THIMBERS 13. THIMBERS 14. THIMBERS 15. THIMBERS 16. THIMBERS 17. THIMBERS 18. THIMBERS 19. THIMBERS 20. THIMBERS

This day in history

JULY 14, 1223: Louis VIII becomes King of France upon the death of his father, Philip II of France.

JULY 14, 1798: The Sedition Act becomes United States law making it a federal crime to write, publish, or utter false or malicious statements about the United States government.

JULY 14, 1881: Billy the Kid is shot and killed by Pat Garrett outside Fort Sumner.

JULY 14, 1933: Gleichschaltung: In Germany, all political parties are outlawed except the Nazi Party.

JULY 14, 2003: The United States Government admits to the existence of "Area 51."

METRO NEWS SERVICES

AIR CANADA VACATIONS

Save up to **40%**
on Air & Hotel packages¹ to
EUROPE

—plus—

get a **FREE**
city tour

London

The Hotel Russell • 4 ★

Breakfast

Standard rm. special

Aug. 3, 4, 9 & 16-19 • 1 wk.

Free Tour: Hop-on / hop-off tour
of London by open top bus

\$1049

Taxes & fees: \$399

Rome via Toronto

Hotel Center 1, 2, 3 • 3 ★

Breakfast

Standard rm.

Aug. 6 & 20 • 1 wk.

Free Tour: In the heart of Rome

\$949

Taxes & fees: \$286

DEALS to the SUN

Samana via Toronto

Gran Bahia Principe

El Portillo • 4 1/2 ★

All-Inclusive • Standard rm.

Aug. 23-30 • 1 wk.

\$579

Taxes & fees: \$327

Punta Cana via Toronto

Occidental Grand

Punta Cana • 4 ★

All-Inclusive • Junior suite

Aug. 7-28 • 1 wk.

Upgrade to the Royal Club luxury
room for only \$229 per person

\$739

Taxes & fees: \$327
Based on Fri. departures

Holguin via Toronto

Occidental Grand

Playa Turquesa • 4 ★

All-Inclusive • Superior rm.

Aug. 1-22 • 1 wk.

\$789

Taxes & fees: \$229

Departure tax: 25 CUC cash, paid locally.

Jamaica via Toronto

Gran Bahia

Principe Jamaica • 4 1/2 ★

All-Inclusive

Junior Suite

Aug. 4-23 • 1 wk.

FREE advance seat selection
& exclusive features

Compliments of Air Canada Vacation.

\$1029

Taxes & fees: \$275

Please add \$50 for
Sat. & Sun. departures.

Liberia, Costa Rica

via Toronto

Occidental Grand

Papagayo • 4 1/2 ★

All-Inclusive • Deluxe rm.

Aug. 1-29 • 1 wk.

FREE upgrade to a Deluxe oceanview rm.
(Subject to availability).

\$1199

Taxes & fees: \$205

Departure tax: 26 USD
cash paid locally

Cancun/Riviera Maya

Occidental

Grand Xcaret • 4 1/2 ★

All-Inclusive

Deluxe rm.

Dec. 19 • 1 wk.

\$1549

Taxes & fees: \$262

Barbados via Toronto

Amaryllis

Beach Resort • 3 1/2 ★

All-Inclusive

Run of the house

Aug. 4-20 • 1 wk.

\$1839

Taxes & fees: \$190

Based on Tues. - Thurs. departures

DEALS on CRUISES

Royal Caribbean International²

Enchantment of the Seas[®]

Western Caribbean

Flights to Fort Lauderdale via Montreal

All meals included

Oceanview stateroom, cat. I

Sept. 5 & 28 • 5 nts.

\$799

Taxes & fees: \$231

Adventure of the Seas[®]

Southern Caribbean

Flights to San Juan via Toronto

All meals included

Interior stateroom, cat. M

Nov. 1, 29 & Dec. 6, 13 • 1 wk.

\$1259

Taxes & fees: \$256

Earn up to 6,600 Aeroplan[®] Miles per member[†]



Executive Class[®] service from only \$299 extra³

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between July 14 & 18/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. ¹Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Ottawa to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ²Minimum stay: 2 nights. Please request your free tour at time of booking. ³Royal Caribbean International Ltd. ships' registry: The Bahamas. ⁴Available on select flights. Full details available at aircanadavacations.com/executiveclass. ⁵Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁶Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

